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Topical and oral use of green tea extract is a natural and safe way to protect and improve skin health and overall wellness.

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## GREEN TEA EXTRACT

**COMMON NAME :** Green Tea

**LATIN NAME :** Camellia sinensis

**ACTIVE SUBSTANCES :** catechins, especially (-) Epigallocatechin Gallate (EGCG)

**DESCRIPTION :** Green tea is natural dried leaves of the tea plant, Camellia sinensis. Black tea is oxidized green tea. Both have been used for thousands of years in Asia, as beverage and medicine. Green tea extract is a bioflavonoid-rich, potent extract which is used primarily for fighting free radicals. It has a high content of polyphenols, which are a class of bioflavonoids.

**PHYSIOLOGY :** The polyphenols in green tea are catechins, with multiple linked ring-like structures. Polyphenols are a form of bioflavonoids with several phenol groups. They control both taste and biological action. The dominant and most important catechin in green tea is (-) Epigallocatechin Gallate (EGCG), a potent antioxidant which is used for food production, as well as in animal research studies. The phenol groups capture pro-oxidants and free radicals. EGCG is over 200 times more powerful than vitamin E in neutralizing the pro-oxidants and free radicals that attack lipids in the brain, in vivo. It is 20 times more potent than vitamin E in reducing formation of peroxides in lard by the Active Oxygen Method, in vitro.

**ACTIVE PROPERTIES :** Green tea extract is used primarily for its free radical fighting capabilities, but has a wide range of applications. Its key ingredient, (-) Epigallocatechin Gallate (EGCG), protects against digestive and respiratory infections. (A solution of 1 mcg per ml of EGCG heavily inhibited influenza virus in vitro.) It helps block the cancer-promoting actions of carcinogens, ultraviolet light, and metastasis from an original site in the skin, stomach, small intestine, liver or lung. Higher quantities (0.5% to 1% of diet) were protective against high total and LDL-cholesterol levels on a cholesterol promoting diet in rats. Crude catechins at 0.5% of diet were effective in lowering blood pressures in spontaneously hypertensive rats. (Both EGCG and black tea catechins suppressed angiotensin I converting enzyme, which causes essential hypertension.) EGCG also reduces platelet aggregation about as much as aspirin or Ginkgo biloba extract. Green tea is very effective in inhibiting pathogenic bacteria that cause food poisoning, but increases levels of acidophilus (friendly) bacteria. 500 mg catechins ( $\geq$  250 mg EGCG) daily regularized bowel habits significantly. Green tea also blocks the attachment of the bacteria associated with dental caries to the teeth.

**DIRECTIONS FOR USE :** 250 to 500 mg EGCG content daily, or as desired. Usage ranges from 250 mg to 2.5 g per day of EGCG content in studies reporting significant results.

**TOXICITY, CAUTIONS & CONTRA-INDICATIONS :** Green tea extract is non-toxic both in acute dosage and high long-term dosage (no significant effect on weight gain at 2% of the diet in 3 months in rats). It has no potential for causing mutations or birth defects, and has no adverse effect on fertility, pregnancy or nursing.

<http://www.nutrimart.com/Bulk/Description/greentea.htm>

**HISTORICAL USES :**

- Used primarily for its free radical fighting capabilities
- EGCG protects against digestive and respiratory infections
- Helps block the cancer-promoting actions of carcinogens, ultraviolet light, and metastasis
- High total and LDL-cholesterol levels
- High blood pressure (suppresses angiotensin I converting enzyme)
- Reduces platelet aggregation
- Inhibiting pathogenic bacteria that cause food poisoning
- Blocks the attachment of the bacteria associated with dental caries to the teeth

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